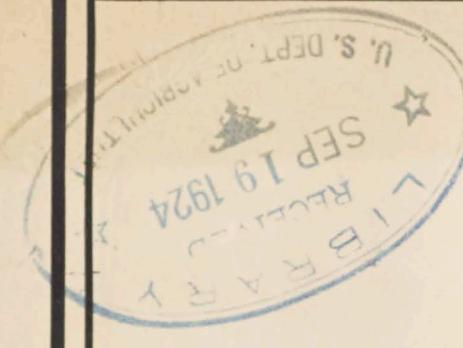


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



Corn Saved the Pilgrims and Fed Our Pioneers

Corn Will Help Us Feed the World

EAT MORE CORN

CORN MEAL-HOMINY GRITS-SAMP

THE NATION'S MOST ABUNDANT CEREAL

Palatable and Nutritious in Itself

The Best and Most Available Substitute for Wheat

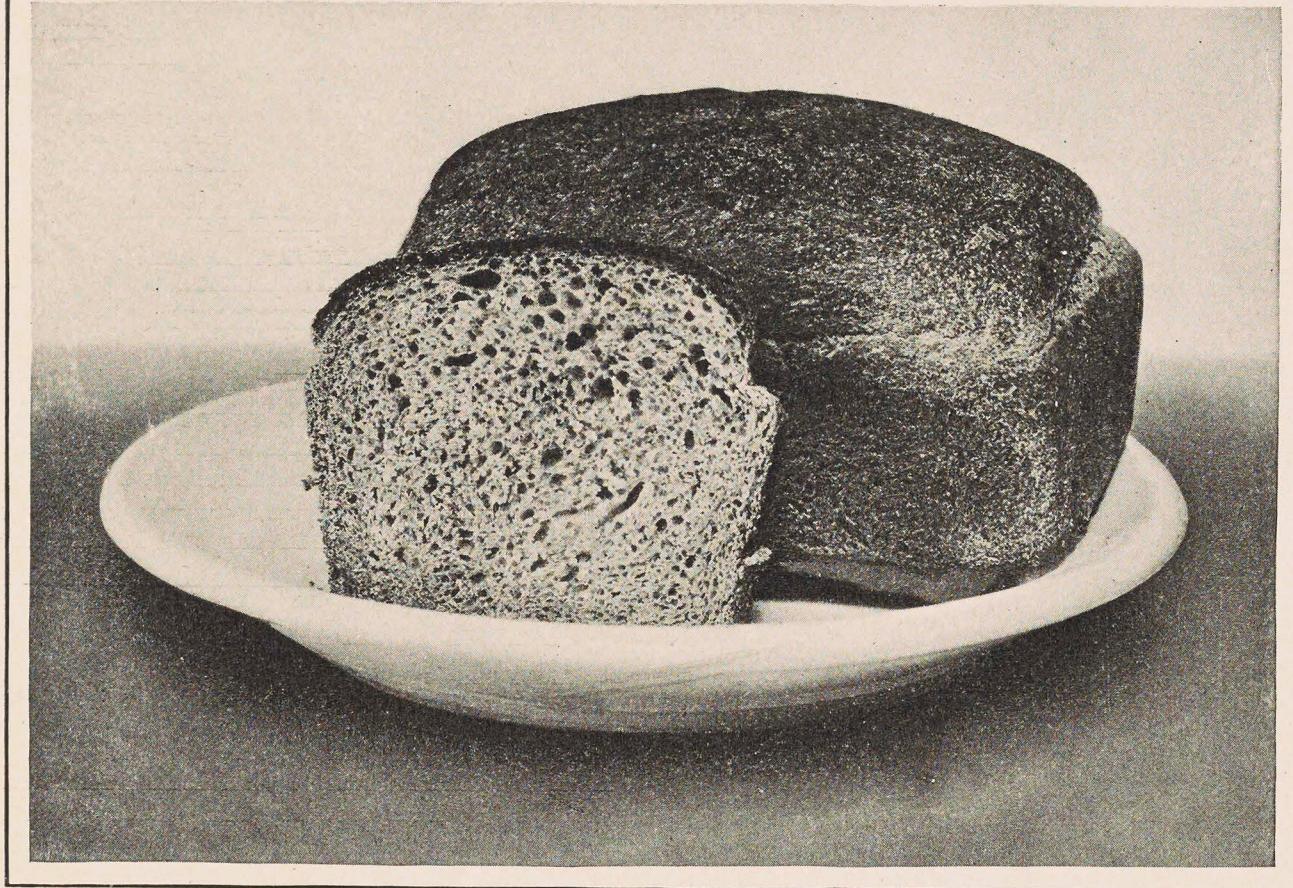
MUSHES

Corn-meal or hominy mushes—boiled or baked, served with butter, milk, sirup, dried or fresh fruits, etc.
Fried mushes

HOT BREADS

Corn breads
Zuñi Indian bread
Boston brown bread
Ash cake
Hoe cake
Corn dodgers
Muffins
Gems
Biscuits
Rolls
Griddle cakes
Waffles

YEAST BREAD



Yeast bread made with one cup (6 ounces) of corn meal to two cups of wheat flour (4 ounces each)—a palatable and nutritious "light" bread

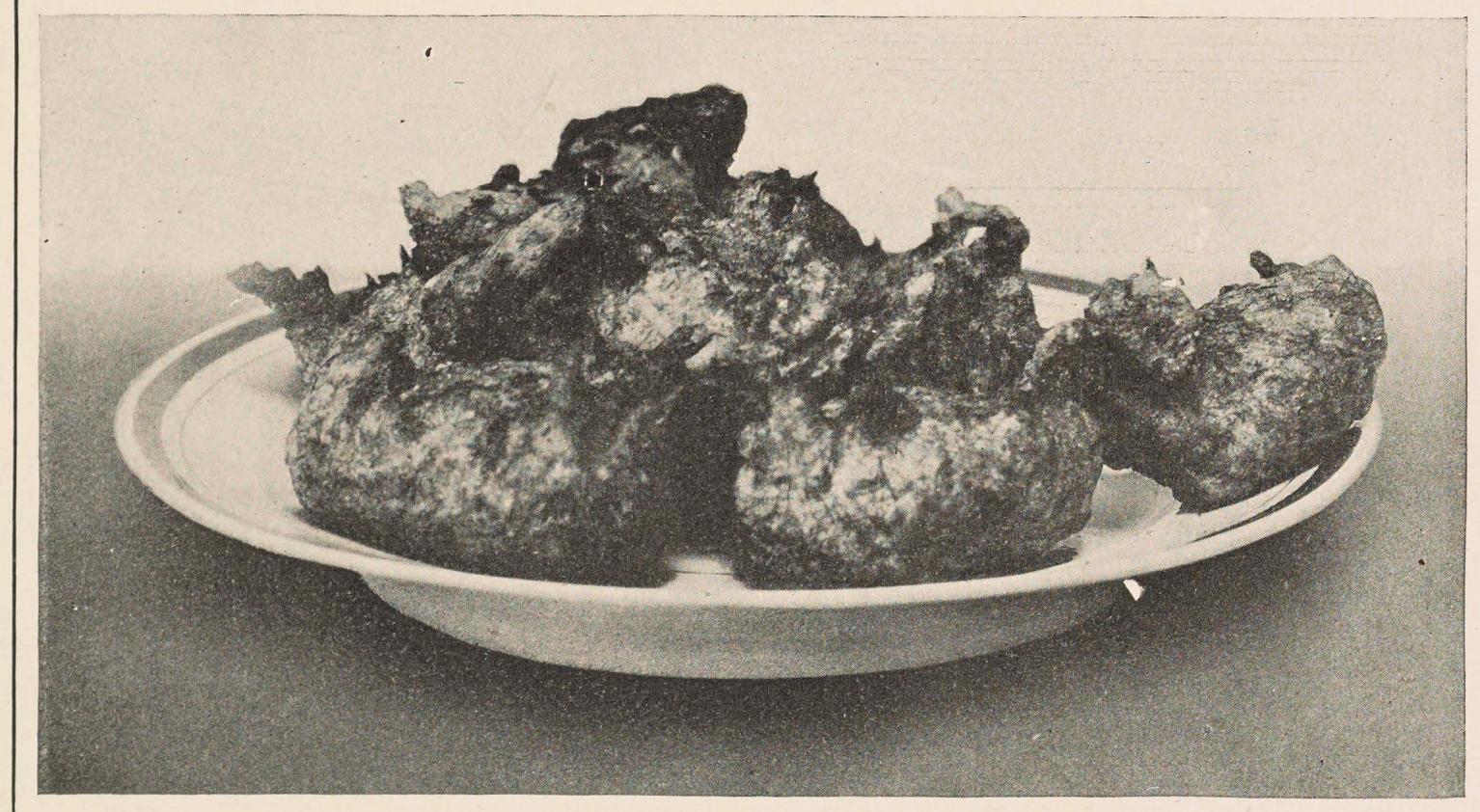
FIFTY WAYS OF COOKING CORN

HEARTY DISHES

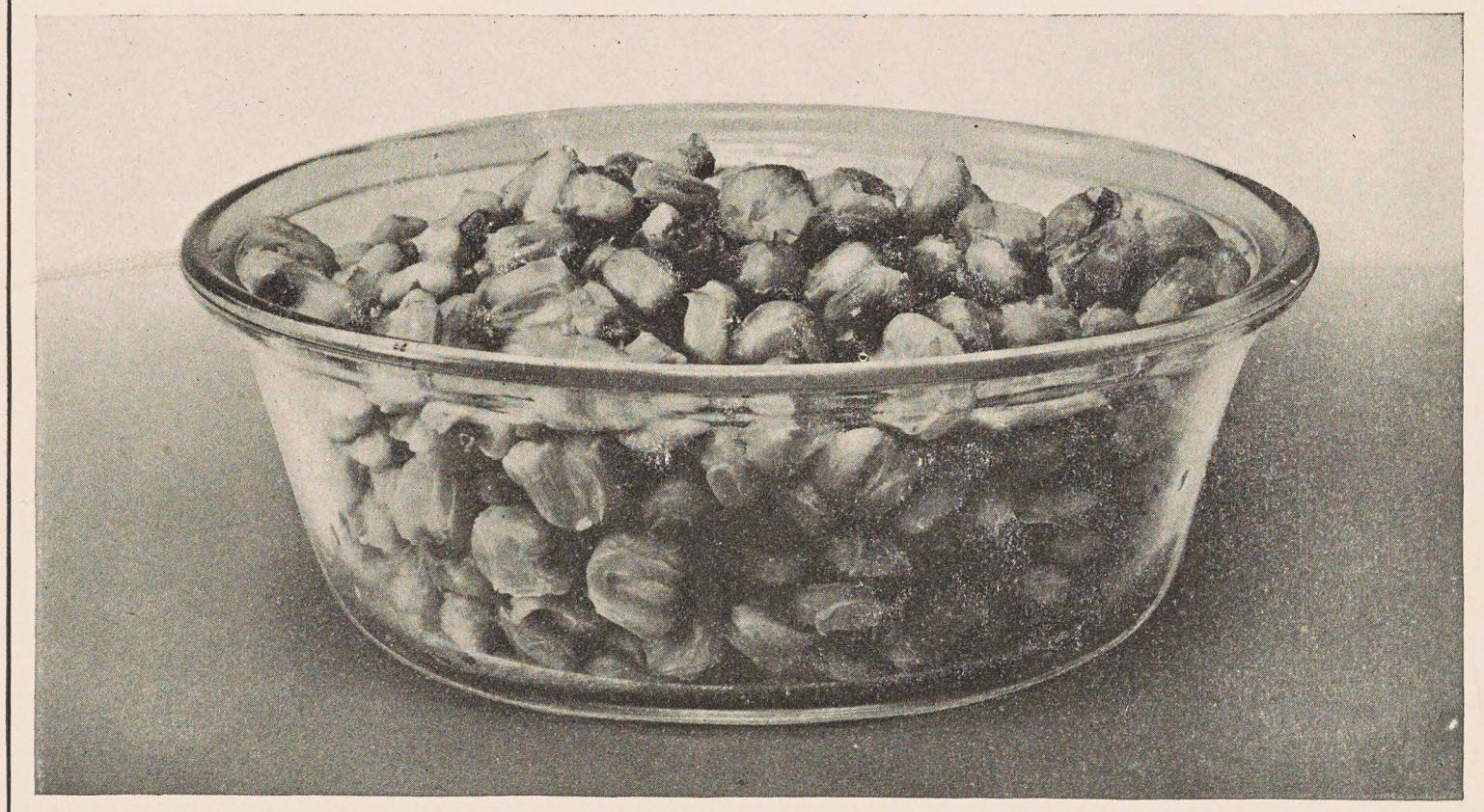
Corn-meal croquettes
Corn meal and pork
Scrapple
Meat and corn-meal dumplings
Corn-meal fish cakes
Corn meal and eggs
Corn meal or hominy and cheese or tomatoes (used instead of macaroni)
Italian polenta
Tamales

DESSERTS

Indian pudding
Corn-meal molasses cake
Dumplings
Gingerbread
Doughnuts
Fruit gems



CORN-MEAL FISH BALLS



HOMEMADE HULLED CORN, OR LYE HOMINY

EAT SOME CORN TO-DAY

The United States Department of Agriculture will furnish you with recipes for using corn

FOR BREAKFAST, LUNCHEON, DINNER

Your family is missing delicious, nourishing, economical food if you are not serving corn-meal dishes in your home

WRITE TO-DAY FOR FARMERS' BULLETIN 565

The United States Department of Agriculture will send you free this Farmers' Bulletin, "Corn Meal as a Food and Ways of Using It." This booklet gives explicit directions for making all the dishes mentioned, and many others.



U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

TRY A WHEATLESS MEAL TO-MORROW